



Registered NDIS Provider

# OUR NDIS SERVICES

## Community participation groups

### WHAT IS THE NDIS?

The National Disability Insurance Scheme (NDIS) is a new way of providing support and services for people with disability or significant impairment under the age of 65. We have a range of approved NDIS services to help support you to live well.



### COMMUNITY PARTICIPATION GROUPS

are all about coming together with others to learn new skills, enjoy social activities and have some fun.

#### Some of the problems community participation groups can help address:

- isolation
- boredom
- bad mood and anxiety
- poor motivation
- difficulty with memory and cognition

#### THE BENEFITS

- connect with others who understand
- improve mood and wellbeing
- focus on something other than symptoms
- break for you and your carer
- learn new skills
- participate in the community

### WHY MS?

	<p><b>THE NEURO EXPERTS</b></p> <p>We have over 60 years' experience in living well with multiple sclerosis and other neurological conditions, so you don't have to explain how your symptoms can impact your everyday life and goals – we already get it.</p>
	<p><b>ACCESS MORE FREE SERVICES</b></p> <p>When you register with MS, we connect you into a whole range of other free services — including our MS Connect our dedicated contact centre, education programs on everything from wellbeing to practical life skills, and we can connect you with other people living with the disease.</p>
	<p><b>YOUR DEDICATED MS CONSULTANT</b></p> <p>One of our MS experts will meet with you and your family to work out the best way to face your challenges. This is fully backed by a team of experts and clinical health professionals such as Nurses, Occupational Therapists, Social Workers, Physiotherapists and Continence experts – so we've got you covered.</p>

#### How do I pay?

Community participation groups is an NDIS funded service. If you're eligible for the NDIS, you can speak to your planner about including it in your plan. If you're eligible, it won't cost you anything.

#### What to ask for in your NDIS planning.

Day programs come under:

**Community Participation (Group-based community, social and recreational activities)**

We can help you prepare for your planning conversation or come with you, contact MS

#### Where we offer these services:

Contact MS Connect to see if we are offering a group in your area — we start new groups all the time!

Please contact MS for more information:

MS Connect™: 1800 042 138

Email: [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

Web: [www.ms.org.au](http://www.ms.org.au)